



Are you
a vegan?
Then an place
for you is set
in the K-W area
Page 12

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



A jolt
of java
Cordis
will help you
get it done
Page 3

MONDAY, AUGUST 26, 2013

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.SPOKEONLINE.COM

4TH YEAR - NO. 18

Rec centre getting \$16m makeover

Conestoga recreation centre will soon be one of the premier athletic facilities in Ontario thanks to a \$16 million upgrade.

The new facility will include a large gym, large fitness facilities and multi-purpose space, a 500 metre outdoor running track and a lounge area where students can relax.

One minority of the project is the ice rink, which is being removed because less than two per cent of the student population used it and it required extensive repairs.

Paul Osborne, Conestoga's executive vice-president of marketing, outreach, and sports and recreation, said the centre opened in 1980 when the college had 1,500 students and now it has more than 15,000.

"It was time for a refresh," he said. "The disappointment is how to close the rink but if we kept it, it was going to cost between \$3 million and \$7 million in upgrades."



Paul Osborne, Conestoga's executive vice-president of marketing, outreach and sports and recreation, said the new recreation centre will look like after a \$16-million renovation. His expects it to be completed by September 2015.

CONESTOGA COLLEGE

PRESIDENT'S MESSAGE

Get involved with the college community

Welcome to the 2013-2014 academic year. Whether you're returning to Conestoga to resume your studies or joining us for the first time, I hope that you will find your experience here to be positive and rewarding.

You will make many changes as you enter the next few months as the college continues to grow and expand to meet the needs of our students and our community. A new Welcome Centre at Doon provides a front door to Conestoga's programs and services

and is becoming one of the most vibrant and successful features. Growth and change are important for institutions that is important for individuals as well as you strive to be the best that you can be and prepare for an exciting future.

During 2013-14, I encourage you to remain in personal development, stay ready to learn to develop new skills and to embrace new challenges will be the keys to your success in our rapidly changing world.



180011

Get involved with our col-

lege community through the many activities and events provided through Conestoga. Students like Student Life, work-study, clubs and groups and the professional associations linked to many Conestoga programs. These opportunities will enable you to build a strong bond to fellow students and community and help maintain our vibrant community.

You have questions or need some support as you prepare through your academic year,

many there are many services available to meet your needs. On behalf of Conestoga, I am delighted to welcome you to the 2013-14 academic year. Work hard to achieve your goals, make the most of your time here and enjoy the many benefits a college education provides.

Thank you for your commitment to a great year.

Respectfully,
John Tabbara
President, Conestoga College

Respectfully,
John Tabbara
President, Conestoga College



On Monday, Sept. 22

the second print edition of Spoke

will be coming to a rack or box near you, and then every Monday thereafter!

Or check us out online at www.spokeonline.com
where you can also install our web app.

Now deep thoughts ... with Conestoga College will help you avoid lineups

Random questions answered by random students

What advice would you give first-year students?



"Always attend class."

Michael King,
graduate of
general arts and sciences

"Manage your time and manage your group that you go into for class projects."

Hannah Hetherington,
second year
police foundation



"Manage your time and get into a work habit."

Robert Oliver-Garday,
second year
medical research and health

"Always try and manage your money and don't go on a spending spree."

Arianna Hawthorth,
second year
broadcast journalism



"Don't procrastinate."

Emily Arnold,
second year
community and
international studies

"Manage your loan money."

Rubén Oliver,
second year
community and
international studies



BY KATHINA CHALSTEAD

Well, it's official: you are now a college student. Do you know what you deserve? Here about your first cup of student energy drinks at a place a few minutes north.

However, if you plan on enjoying your first a few hours at Conestoga, there are a few things you need to learn. Currently, the school has only one Tim Hortons located on the H wing so when you enter the school from there it takes a while to clear them for the whole Tim Hortons and most students wait at one and your graphics design student Brandon Taylor believes that one is just not enough for the school's coffee-crazed masses.

"It's really hard another one," Taylor said. "Waiting one above the line may take long." Ah, yes, the line. On a good day the lineups can be made fun, but on a bad day, or any regular lunch hour the line stretches right to the H wing.

But what if you need that Tim's fix, and have only a

few minutes break? Then what do you do? Well, according to second year graphics design student Brian Agno, you need to learn when to go and when to not even bother.

"I find that the best time to go is on the half-hour or on crossing the hours between 1:00 and 11:00. Agno said that having the camera is very good for visibility if you have computers at your desk.

What was that comment – something about a camera?

If you go into the Conestoga homepage and type Tim Hortons into the search bar, you will be taken to the school's most kept secret – a camera placed strategically right



in front of the Tim Hortons entrance so you can see how long the line is.

However, according to third year computer programming student Kevin Hagedorn, there is a camera in front of a class building, too.

"It's visible. The only problem is that it doesn't allow you to see the lineups around the corner."

For students with cars, like third year software engineering technology student Dean Johnson, sometimes it's best to just skip the masses and the lines and take a quick drive.

"If you have a car, it's a real advantage to just go and drive to the end of the highway and back on the morning rush hour."

However, for some students like second year graduate of the accounting, audit, and information technology program Josh Peters, when it comes to their coffee they don't care how long the lineup is.

"I always go where I'm hungry, usually on my way off for. There are 'legions' of the line."

Start the year off right.

Get your vital information now at a

Heart Rate, Blood Pressure, Weight Clinic

**Friday, Sept. 5, 2014
7:30 am – Noon
College Rec. Centre**

**No booking required.
No waiting.
Just come right in!**



Co-curricular record launches at Conestoga

New initiative changes the way students get involved on campus

The co-curricular record (CCR) is set to launch in September 2014. The CCR connects students to on-campus opportunities through an online search engine and also records and recognizes students for their involvement in approved co-curricular experiences (e.g. clubs, campus volunteer positions, workshops, clubs, teams, training modules and conferences etc.).

Upon completion of the experience students have the opportunity to reflect on the learning achieved through their participation. This reflection is useful to showcase their skills to potential employers. As the CCR will complement students' academic transcripts, it makes for a valuable addition to resumes and portfolios.

"I really didn't know how well volunteer experiences could be obtained on a resume or on an interview," said Doree Franklin, a second-year public relations student. "It makes sense that employers would want to know how

their experience taught you something that could make you a better employee."

Research has shown that employers value not just what students learn inside the classroom, but outside of it as well.

"We know that employers are looking to hire well-rounded people who have strong leadership skills. At Conestoga, we're providing students with the ability to become part of that," said Michael Fleming, vice president of Student Affairs.

"The CCR provides students with the ability to find and participate in activities that relate to their interests and provide them with learning that builds their skills. We value student-oriented learning, and we see co-curricular experience as an important part of holistic student development."

Conestoga has long recognized the value of co-curricular experiences and the CCR helps students in linking their experiences with learning and skills. Amy Board of the Student Life department



The Student Life team of Janna Kabanian, Jeff Kabanian, Alyse Taylor, Amy Board, Sarah Jones, David Jones and Matthew Mayers, is excited about the launch of the co-curricular record.

as the lead administrator for the CCR, and is excited about its launch.

"The purpose of the CCR is to provide an automated and guided process for a student

to become connected to meaningful co-curricular experiences abroad.

Students can access the co-curricular record by logging into the Student Portal

and clicking on "CCR," under the Services tab. For more information they can contact Amy Board in the Student Life department, at boarda@conestoga.on.ca.



GET INVOLVED, BE RECOGNIZED

The Co-Curricular Record enhances your success by recognizing and recording your experiences.

The Co-Curricular Record

- Assists students in explaining their learning experiences to employers
- Enhances students' portfolios through recognition on an official document
- Provides a search engine for students to find meaningful on-campus opportunities

Check out www.conestoga.on.ca/ccr for more information!



FROSH WEEK 2014-2015

SEPT 4TH

**STUDENTS FROM ALL
CAMPUSES WELCOME!**

**VISIT THE CSI OFFICE ON YOUR
CAMPUS TO BUY A TICKET FOR \$5**

BEACH FOAM PARTY

9PM - 1AM • BEHIND THE SANCTUARY AT DOON CAMPUS
FOAM BUBBLES, WATER WINGS, BEACH BALLS, HAWAIIAN LEIS
WATER GUNS, GLOW STICKS AND SO MUCH MORE!
18+ EVENT, MUST BRING VALID PHOTO ID + STUDENT CARD
BAR OPEN WITH DJ DENIM

DOON CAMPUS

POND PARTY

11AM - 3PM • OUTSIDE THE MAIN CAFE
FREE BBQ + BEAVERTAILS
LIVE BANDS: WILDLIFE + TEXAS KING
FREE SWAG + PHOTOBOOTH
AND MUCH MORE!

SEPT 3RD

OTHER EVENTS

SEPT 2: AGENDA HAND-OUT DAY

**SEPT 3: HOP ON THE SHUTTLE TO CAMBRIDGE
FOR THE OUTDOOR BASH**

SEPT 5: FREE PANCAKE BREAKFAST + OXYGEN BAR

CAMBRIDGE CAMPUS

OUTDOOR BASH

10AM - 3PM • OUTSIDE ON THE FRONT LAWN
FREE PIZZA + BBQ + BEAVERTAILS
COLOSSAL 100FT OBSTACLE COURSE
BUNGEE RUN + GLADIATOR JOUSTING
AND MUCH MORE!

SEPT 4TH

OTHER EVENTS

SEPT 2: AGENDA HAND-OUT DAY

**SEPT 3: HOP ON THE SHUTTLE TO DOON
FOR THE POND PARTY**

SEPT 5: FREE PANCAKE BREAKFAST

WATERLOO CAMPUS

WATERLOO FEST

10AM - 2PM • IN THE FRONT COURTYARD
FREE BBQ FROM 10AM-1PM
JOUSTING FROM 10AM-2PM
WIN BIG PRIZES!

SEPT 3RD

OTHER EVENTS

SEPT 2: AGENDA HAND-OUT DAY

SEPT 4: TGIT SWAG GIVEAWAY

SEPT 5: FREE BREAKFAST FRIDAY

GUELPH CAMPUS

GUELPH FEST

10AM - 2PM • CAFE / COURTYARD
FREE BBQ
INFLATABLE JOUSTING
MUSIC + VIDEO GAMES

SEPT 3RD

OTHER EVENTS

SEPT 2: AGENDA HAND-OUT DAY

SEPT 4: TGIT SWAG GIVEAWAY

SEPT 5: FREE PIZZA FRIDAY

For more details visit: conestogastudents.com/calendar/

CONESTOGA STUDENTS INC

MEET THE

President and Vice



Jeff Scherer
CSI PRESIDENT

Cameron Jones



PHONE 519-748-5131 x 3579

FAX 519-748-6737

TOLL FREE 1-866-966-7374

jacherer1@conestogac.on.ca

HELLO ALL!

My name is Jeff Scherer, the President for Conestoga Students Incorporated and I would like to welcome you to Conestoga College. Here at CSI, we strive each day to offer the best services in the interests of the students at Conestoga.

We are excited for all the new and returning students this year and are looking forward to showing you all the amazing things we have planned for this year. If you ever want to find out more about the services that CSI offers or about campus activities, please feel free to come by the office at any time to ask.

As for myself, I have been a Business Administration-Marketing student at Conestoga since 2006 with a background in Business at Laurier University. I have worked with the Conestoga Residence for three years before taking over the President position at CSI. I am very happy to be part of the student voice at Conestoga. I take great pride in being part of Conestoga College and enjoy seeing the great pride and dedication from the students through out the hallway.

I hope everyone has an amazing time at Conestoga this year, and remember that our doors at CSI are always open!

OFFICE HOURS: MONDAY TO THURSDAY 8:30 - 4:30
FRIDAY 8:30 - 2:00

CSI VICE PRESIDENT

PHONE 519-748-5131 x 3595

FAX 519-748-6737

TOLL FREE 1-866-966-7374

cjones1@conestogac.on.ca

CONESTOGA STUDENTS INC

MEET THE

Board of Directors

2014-2015

*Alfred Paul
Harathra*



aharathra@conestogac.on.ca

Alice Lee



alee@conestogac.on.ca

Brian Clark



bclark@conestogac.on.ca

Colin Gaudet



cgaudet@conestogac.on.ca

Hope Krempa



hkempa@conestogac.on.ca

Jake Reay



jreay@conestogac.on.ca

Walter Turriff



wturriff@conestogac.on.ca

Sybil Jacob



smenapathukushiyi@conestogac.on.ca

If you have any comments or concerns about your student experience, your Board members are here to help you out in any way they can!

CSIBOD@CONESTOGAC.ON.CA



**CONESTOGA
STUDENTS INC.**

YOUR STUDENT ASSOCIATION

CONESTOGASTUDENTS.COM

Conestoga Students Inc (CSI) is Conestoga College's official student association, representing all full-time fee paying students. We are the collective voice for all students.

The Board of Directors (BOD) consists of eight elected students. Your CSI President is also elected by students, holding office for one-year terms.

 Like us on Facebook

 @CStudentsInc

 @CStudentsInc



Conestoga Students Inc
Wellness



CSI PROVIDES AN AFFORDABLE HEALTH PLAN AS PART OF YOUR TUITION.

**Already covered under another health plan?
You might want to opt out of CSI's**

HEALTH PLAN OPT OUT DEADLINE IS SEPTEMBER 26 @ 2PM*

*FOR FULL ENROLLMENT ONLY. VISIT THE CSI WEBSITE FOR MORE INFORMATION: CONESTOGASTUDENTS.COM

CSI PROVIDES COVERAGE FOR BOTH

Chiropractor & Massage Therapy

Chiropractic therapy helps to remove postural imbalances and structural misalignments that can accumulate in our bodies over time.

Massage therapy is a great way to help maintain both your physical and mental health. It promotes effective relaxation and provides stress relief in addition to treating various ailments.



LOCATED IN ROOM

2A100

AT THE DOON CAMPUS

TALK TO OUR CSI HEALTH OFFICE COORDINATOR FOR MORE INFORMATION AND TO BOOK AN APPOINTMENT

csihealthplan@conestogac.on.ca | 519-748-5131 x 3585

App helps students find available computers

BY TAMARA MCCREY

Your assignment is due in an hour, and you need to find a computer lab on campus to work on it. You have no idea where to find that information and your deadline is quickly approaching. To help you out, Counseling has prepared a new website dedicated to a problem that hits the Counseling Lab Search helps students find available computer space on all campuses with only five phone.

Andrew McCreary, who works on Counseling College's systems information and computer department, said the app was made to make it as easy as possible to not only find open computer space, but also certain software packages and locations.

"It allows them to search through different apps like you can say find your location to search the computers spread out on those campus so you can say specific software pack, open like Photoshop, McCreary said.

The app also allows students to instantly choose computer hardware on campus work in the hardware or San Marcos to help them pinpoint computer

are close to their location. This is helpful for any student who may not be familiar with the school.

The app was created after the department received student feedback that not finding available computer lab space was a common problem. McCreary said multiple parties noticed that the ratings needed to be done 24 hours to make life easier for the students.

"We've kind of try and have a theme on people like that Counseling Lab Search may part to the beginning of tech information for the Counseling student help. The department is currently researching other ways to help make students take an computer as soon as possible.

"I think pretty much every student goes through the experience of being forced to find and not knowing where their class is, so we have to get to them at that need to work on some work like later they can go to or if they are even allowed to go on certain lab, McCreary said.

"There are all kinds of issues that we are looking at how to solve and make things easier for the students.

Get career planning help

BY DEBBIE HAYES

It's that time of year again—students are coming to an end and Counseling College is getting ready to welcome their new batch of students, all of whom are excited to make new friends and maybe even live away from home.

When students start at colleges and universities, work experience and long-term future plans may not always be on their minds, even though they should be.

Counseling's Co-op and Career Services is available to students throughout the school year to help them find work, wherever it is for co-op or for work after graduation.

The most important aspect in finding employment, however, is experience. Not just in the classroom, but hands-on, place-based experience.

Co-op programs from accounting to environmental engineering have co-op programs, which are a great way for the students to get their feet in the employment door.

"We have about 50 co-op programs currently. Co-op Black and Black, who is in marketing and events co-ordinator for Co-op and Career Services and students are generally in better shape for finding their future because they know what they want to do and know what to expect in their future career.

"If you take a general business marketing student into the work world, they get a picture of the general possibilities available. Black and "whereas a co-op student will have so much more they go out and they apply it, they get a better sense of the opportunities.

"They're exposed to that networking and



A PHOTO BY DEBBIE HAYES

Co-op and Career Services has a wide variety of resources available to help students with career and employment-related research and planning.

really looking ahead to the work world when they graduate, and are a little bit more prepared, so far as what to do there and where they want to be.

Black said he finds students graduate with unrealistic expectations of entry-level jobs, adding further management positions as an entry-level employee is not likely. Co-op and Career Services provides many opportunities for students including visits to jobs and career fairs, one-on-one opportunities with advisors and attending workshops.

Students also have access to the MyCareer website, which can be accessed from the Counseling College website as well as from their student portal, myCampus.

Co-op and Career Services is located on the Student and Career Services Building at the San Marcos campus.

Counselor's Corner

Welcome from Counseling Services



To those students who are beginning their college career at Counseling, welcome! Right now you are probably excited about opportunities to learn more about your area of study, meet other students and just find your way around campus.

We encourage you to take advantage of the many services that Counseling Services have designed to help you be successful. Professionally trained counselors can help you resolve barriers that stand in the way of you reaching your educational goals. Arrange to see a counselor if you have academic or personal concerns during your time at Counseling. Groups and workshops are offered for such issues as performance anxiety, stress management and relaxation. Counseling is free, voluntary and confidential. We also offer referrals to other College and community resources that can help.

To those students who are returning for another semester of study, welcome back! We hope the coming term provides a fresh start and challenges, new friends and activities and brings you closer to your academic goals. Come and see us in Counseling Services if we can help in any way.

Counseling Services

www.sanmarcos.edu/counseling-services

LEARNING COMMONS



Learning Skills

Learning Skills

Discover your learning style and develop time management, critical thinking, memory and study preparation strategies.



Peer Reviews

Peer Reviews

Work with a senior-level student to maximize your understanding of course material.



Study

Study

Strengthen your study skills and improve your overall success.



Writing

Writing

Access support with any part of writing including grammar, style tips and editing.

Website: www.sanmarcos.edu/counseling-services
Email: peerhelp@sanmarcos.edu or car@sanmarcos.edu
Phone: (760) 744-2200 ext. 2008



SAN MARCOS
COMMUNITY COLLEGE



Hungry or need some new clothes? Head to the on-campus bookstore

BY BRANDON FRANKEL

When you think of the word bookstore, the image of a row upon row of old books comes to mind, or the slightly overpriced cheap copies of novels at the various Chapters or Chapters Bookstore. Students aren't usually out there to sell their books.

Of course, all of the books and materials students need for their program can be purchased there.

All the books on campus are located in the A-Wing just outside Hall 1.

During these early to mid-terms, if you want to avoid the sometimes massive line that the end of the school day also knowing what your bookstore will help you in the long run.

Don't know what you're getting yet? There's free on-line browsing where your professor will tell you what books you need.

Already know what books are required and want to get ahead? You're on track. By logging into the bookstore portal with your college ID number and password, all of your books are listed for you. You can also see what books are required for your program and be informed online. They



PHOTO BY BRANDON FRANKEL

to prevent a bookstore's bookstore clerk, students can browse down the aisles, pick up all of the many different items they need.

can be shipped to your home, delivered and even back to the bookstore.

Don't find the book you're looking for? You can also see all of the many bookstore employees to help you find it, and maybe even have about a million of several hard books for sale.

When there's just one clerk

at the time of other products that will help your school year easier by them include laptop tech accessories (headphones, computer mice, stylus and even speakers), mobile and mobile phone storage (Chapters Bookstore has tablets and e-readers), Conestoga College credit clothing and gifts.

The bookstore began in a lot, actually, and second-year business administration student, Justin Doo. The employee showed me where my books were and how to properly find them for me. During my first semester of school at Conestoga, I went to always come to the bookstore to buy something small to eat or drink.

Justin Doo, a second-year business administration student, said "I was probably one of the many reasons to find in the college. In my opinion, there are so many good things to buy there that like a laptop which is to say.

The bookstore is open 9 a.m. to 6 p.m. Monday to Thursday and 9 a.m. to 5 p.m. on Friday. For further information, contact the bookstore at 519-749-0200 ext. 3015.



PHOTO BY JEFFREY

Having returned to the CSD (Conestoga) with a student in part of the actions of student Doo (Doo).

Stay engaged, Conestoga

Political activity makes sure student voices are heard

When a school's people talk about their opinions to express them, they are found to be some growing pains.

That's exactly what happened last year at Conestoga College. When the 191st annual student election was held, one of the main reasons for the 191st annual student election was the 191st annual student election.

The 191st annual student election was held in the 191st annual student election. The 191st annual student election was held in the 191st annual student election.

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Josh Ray
Student

about the students who represent their interests to affect the budget, ultimately.

Due to the nature of the election, the 191st annual student election was held in the 191st annual student election.

One of the main reasons for the 191st annual student election was the 191st annual student election. The 191st annual student election was held in the 191st annual student election.

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It is possible!
School of Career & Academic Access

WELCOME BACK STUDENTS

Are your friends and family thinking about their options too? Tell them about the School of Career & Academic Access where they can explore their options and discover opportunities!

- Academic upgrading
- Labour Market Information
- Career exploration
- Job search assistance
- Apprenticeship recruitment
- Funded training options
- Essential Skills upgrading

These programs are FREE and open to the public. Find us at the Downtown Cambridge, Dufferin, Simcoe and Waterloo campuses or contact:

upgrading@conestogac.ca
or www.conestogac.ca/CAA **conestogac.ca**

EMPLOYMENT
ONTARIO

Clubs for one, clubs for all

BY TONY MCLELLAN

For a first-year student arriving at Conestoga College, the experience is a whole new ball game. Conestoga is a big leap from high school as the working world and the college mindset is one that takes time to properly acquire. From homework to classes to the intense faculty arrival at Conestoga College is definitely overwhelming for some and terrifying for others.

To make that transfer to post-secondary education a little less scary, students should try to integrate themselves into the social fabric that makes up the campus. A great way to do this is to join one of the many clubs and societies that Conestoga Students Inc. (CSI) puts forth.

If you can't start your own, a CSI club or society can help you start up. Clubs, societies, groups, and societies provide support, advice, protection and a poster, print, or account.

Without looking too far, chances are good that you will find a club or society that fits your goals, interests, and needs. There are around 27 clubs and societies at Conestoga College, and each one is unique and interesting in its own way. Conestoga College Students Association is the CSI Club. There is something

for everyone. The following are three particularly interesting clubs.

The Conestoga Chess Club is one of the largest, currently running clubs at Conestoga. Chess has been started over the years ago.

"Our main focus is to provide a place where people can come in and out and talk about playing chess. Chess is the club's main focus."

It also has a competitive team aspect for those wanting to get better at it, and so to find something new to try.

The club is quite large, by many club standards, with over 60 regular members. More than 100 members are on the club's Facebook page. "Conestoga Chess Club members meet daily at 4 p.m. in the Don-Don upstairs portion of the college's Faculty cafeteria."

As with most clubs at Conestoga, Chess Club members benefit from events involving prizes. The Chess Club does this through a 24-hour long LAN parties. These events involve linking up multiple gaming consoles for members to play against each other. The fun that can be had by the students is amazing.

"We normally hold these events when final exams are over and done. Chess is a great way to make good use of your time and to make good use of your time and to make good use of your time."



Photo by Tony Mclellan

Shane Keel is the president of the Conestoga Photography Club. He invites all students with an interest in photography to join.

The Maple Club is another interesting club with 15 individuals dedicated to trading stories and playing a game of the Maple Club. The Maple Club is a group of students who love the art of photography. The club has a very open, relaxed atmosphere in it, allowing members to designate their own meeting times and place.

any of the 15 weekly meetings at the club house.

"If you play Maple, you are guaranteed to be meeting face-to-face with the club for you," said Nathan Goss, leader of the club. "We have a bunch of friendly, experienced players who can teach you the game or help you improve your playing skills."

The club normally meets every Thursday in Room 20-205 at 5:30 p.m., although the location may change from time to time. Goss suggests that potential members join the Conestoga College MTG Club. The group's Facebook page has more details.

Another interesting club is the Conestoga College Photography Club. The club has been around for a while and is made up of a small, dedicated group of students who love the art of photography. The club has a very open, relaxed atmosphere in it, allowing members to designate their own meeting times and place.

styles. In many of the meetings, the club has coffee, snacks, and social activities. The experienced photographers within the group are more than willing to give potential photographers a helping hand.

As long as you are dedicated to what you do in the world of photography, you can join the club. Wayne Hall, one of the club's founding members, "If you want to have your work posted anywhere or you want to make a small contribution with the professional world, this club is for you."

You can contact them via their Facebook page, Conestoga College Photography Club.

The complete list of clubs that Conestoga has to offer can be found on the CSI website at www.conestoga.ca/csi. A lot of questions can also be found there. Students wishing to contact their own club can also call CSI at 519-928-5531 for more information.

We've made applying easier!



Are you a domestic student?

Enrolled full-time?

You may qualify!

Complete the General Application online and you will be considered for awards, scholarships and bursaries offered at Conestoga!

Deadline: October 2, 2014

It's easy to apply! Here's how:

1. Open Internet Explorer to Conestoga's Home Page or MyConestoga
2. Log into your Student Portal
3. Select the Financial Tab
4. Click on My Award Applications
5. Choose the appropriate deadline! Fall 2014
6. Complete the Personal Information Form
7. Complete the College Information Form and Save
8. Complete the Goals and Needs
9. If you checked Financial Aid Needed on the Personal Info page complete the Budget Form and Save
10. Review your application! Print Submit
11. Changes to your application can be made up until the deadline date from Save and Submit

Please note that deadline dates are subject to change.

For awards available to international students contact international@conestoga.ca

Check your Conestoga Email Account regularly for updates and additional awards available from awards@conestoga.on.ca.



mindfulness at Conestoga

Are you:

- Finding that stress or anxiety is affecting your academics?
- Wondering if learning strategies impact individuality and creativity?
- Wanting to learn strategies for relaxation, focus, and stress management?

Free classes are 90, 100, 150, 200, 250, 300, 350, 400, 450, 500, 550, 600, 650, 700, 750, 800, 850, 900, 950, 1000, 1050, 1100, 1150, 1200, 1250, 1300, 1350, 1400, 1450, 1500, 1550, 1600, 1650, 1700, 1750, 1800, 1850, 1900, 1950, 2000, 2050, 2100, 2150, 2200, 2250, 2300, 2350, 2400, 2450, 2500, 2550, 2600, 2650, 2700, 2750, 2800, 2850, 2900, 2950, 3000, 3050, 3100, 3150, 3200, 3250, 3300, 3350, 3400, 3450, 3500, 3550, 3600, 3650, 3700, 3750, 3800, 3850, 3900, 3950, 4000, 4050, 4100, 4150, 4200, 4250, 4300, 4350, 4400, 4450, 4500, 4550, 4600, 4650, 4700, 4750, 4800, 4850, 4900, 4950, 5000, 5050, 5100, 5150, 5200, 5250, 5300, 5350, 5400, 5450, 5500, 5550, 5600, 5650, 5700, 5750, 5800, 5850, 5900, 5950, 6000, 6050, 6100, 6150, 6200, 6250, 6300, 6350, 6400, 6450, 6500, 6550, 6600, 6650, 6700, 6750, 6800, 6850, 6900, 6950, 7000, 7050, 7100, 7150, 7200, 7250, 7300, 7350, 7400, 7450, 7500, 7550, 7600, 7650, 7700, 7750, 7800, 7850, 7900, 7950, 8000, 8050, 8100, 8150, 8200, 8250, 8300, 8350, 8400, 8450, 8500, 8550, 8600, 8650, 8700, 8750, 8800, 8850, 8900, 8950, 9000, 9050, 9100, 9150, 9200, 9250, 9300, 9350, 9400, 9450, 9500, 9550, 9600, 9650, 9700, 9750, 9800, 9850, 9900, 9950, 10000, 10050, 10100, 10150, 10200, 10250, 10300, 10350, 10400, 10450, 10500, 10550, 10600, 10650, 10700, 10750, 10800, 10850, 10900, 10950, 11000, 11050, 11100, 11150, 11200, 11250, 11300, 11350, 11400, 11450, 11500, 11550, 11600, 11650, 11700, 11750, 11800, 11850, 11900, 11950, 12000, 12050, 12100, 12150, 12200, 12250, 12300, 12350, 12400, 12450, 12500, 12550, 12600, 12650, 12700, 12750, 12800, 12850, 12900, 12950, 13000, 13050, 13100, 13150, 13200, 13250, 13300, 13350, 13400, 13450, 13500, 13550, 13600, 13650, 13700, 13750, 13800, 13850, 13900, 13950, 14000, 14050, 14100, 14150, 14200, 14250, 14300, 14350, 14400, 14450, 14500, 14550, 14600, 14650, 14700, 14750, 14800, 14850, 14900, 14950, 15000, 15050, 15100, 15150, 15200, 15250, 15300, 15350, 15400, 15450, 15500, 15550, 15600, 15650, 15700, 15750, 15800, 15850, 15900, 15950, 16000, 16050, 16100, 16150, 16200, 16250, 16300, 16350, 16400, 16450, 16500, 16550, 16600, 16650, 16700, 16750, 16800, 16850, 16900, 16950, 17000, 17050, 17100, 17150, 17200, 17250, 17300, 17350, 17400, 17450, 17500, 17550, 17600, 17650, 17700, 17750, 17800, 17850, 17900, 17950, 18000, 18050, 18100, 18150, 18200, 18250, 18300, 18350, 18400, 18450, 18500, 18550, 18600, 18650, 18700, 18750, 18800, 18850, 18900, 18950, 19000, 19050, 19100, 19150, 19200, 19250, 19300, 19350, 19400, 19450, 19500, 19550, 19600, 19650, 19700, 19750, 19800, 19850, 19900, 19950, 20000, 20050, 20100, 20150, 20200, 20250, 20300, 20350, 20400, 20450, 20500, 20550, 20600, 20650, 20700, 20750, 20800, 20850, 20900, 20950, 21000, 21050, 21100, 21150, 21200, 21250, 21300, 21350, 21400, 21450, 21500, 21550, 21600, 21650, 21700, 21750, 21800, 21850, 21900, 21950, 22000, 22050, 22100, 22150, 22200, 22250, 22300, 22350, 22400, 22450, 22500, 22550, 22600, 22650, 22700, 22750, 22800, 22850, 22900, 22950, 23000, 23050, 23100, 23150, 23200, 23250, 23300, 23350, 23400, 23450, 23500, 23550, 23600, 23650, 23700, 23750, 23800, 23850, 23900, 23950, 24000, 24050, 24100, 24150, 24200, 24250, 24300, 24350, 24400, 24450, 24500, 24550, 24600, 24650, 24700, 24750, 24800, 24850, 24900, 24950, 25000, 25050, 25100, 25150, 25200, 25250, 25300, 25350, 25400, 25450, 25500, 25550, 25600, 25650, 25700, 25750, 25800, 25850, 25900, 25950, 26000, 26050, 26100, 26150, 26200, 26250, 26300, 26350, 26400, 26450, 26500, 26550, 26600, 26650, 26700, 26750, 26800, 26850, 26900, 26950, 27000, 27050, 27100, 27150, 27200, 27250, 27300, 27350, 27400, 27450, 27500, 27550, 27600, 27650, 27700, 27750, 27800, 27850, 27900, 27950, 28000, 28050, 28100, 28150, 28200, 28250, 28300, 28350, 28400, 28450, 28500, 28550, 28600, 28650, 28700, 28750, 28800, 28850, 28900, 28950, 29000, 29050, 29100, 29150, 29200, 29250, 29300, 29350, 29400, 29450, 29500, 29550, 29600, 29650, 29700, 29750, 29800, 29850, 29900, 29950, 30000, 30050, 30100, 30150, 30200, 30250, 30300, 30350, 30400, 30450, 30500, 30550, 30600, 30650, 30700, 30750, 30800, 30850, 30900, 30950, 31000, 31050, 31100, 31150, 31200, 31250, 31300, 31350, 31400, 31450, 31500, 31550, 31600, 31650, 31700, 31750, 31800, 31850, 31900, 31950, 32000, 32050, 32100, 32150, 32200, 32250, 32300, 32350, 32400, 32450, 32500, 32550, 32600, 32650, 32700, 32750, 32800, 32850, 32900, 32950, 33000, 33050, 33100, 33150, 33200, 33250, 33300, 33350, 33400, 33450, 33500, 33550, 33600, 33650, 33700, 33750, 33800, 33850, 33900, 33950, 34000, 34050, 34100, 34150, 34200, 34250, 34300, 34350, 34400, 34450, 34500, 34550, 34600, 34650, 34700, 34750, 34800, 34850, 34900, 34950, 35000, 35050, 35100, 35150, 35200, 35250, 35300, 35350, 35400, 35450, 35500, 35550, 35600, 35650, 35700, 35750, 35800, 35850, 35900, 35950, 36000, 36050, 36100, 36150, 36200, 36250, 36300, 36350, 36400, 36450, 36500, 36550, 36600, 36650, 36700, 36750, 36800, 36850, 36900, 36950, 37000, 37050, 37100, 37150, 37200, 37250, 37300, 37350, 37400, 37450, 37500, 37550, 37600, 37650, 37700, 37750, 37800, 37850, 37900, 37950, 38000, 38050, 38100, 38150, 38200, 38250, 38300, 38350, 38400, 38450, 38500, 38550, 38600, 38650, 38700, 38750, 38800, 38850, 38900, 38950, 39000, 39050, 39100, 39150, 39200, 39250, 39300, 39350, 39400, 39450, 39500, 39550, 39600, 39650, 39700, 39750, 39800, 39850, 39900, 39950, 40000, 40050, 40100, 40150, 40200, 40250, 40300, 40350, 40400, 40450, 40500, 40550, 40600, 40650, 40700, 40750, 40800, 40850, 40900, 40950, 41000, 41050, 41100, 41150, 41200, 41250, 41300, 41350, 41400, 41450, 41500, 41550, 41600, 41650, 41700, 41750, 41800, 41850, 41900, 41950, 42000, 42050, 42100, 42150, 42200, 42250, 42300, 42350, 42400, 42450, 42500, 42550, 42600, 42650, 42700, 42750, 42800, 42850, 42900, 42950, 43000, 43050, 43100, 43150, 43200, 43250, 43300, 43350, 43400, 43450, 43500, 43550, 43600, 43650, 43700, 43750, 43800, 43850, 43900, 43950, 44000, 44050, 44100, 44150, 44200, 44250, 44300, 44350, 44400, 44450, 44500, 44550, 44600, 44650, 44700, 44750, 44800, 44850, 44900, 44950, 45000, 45050, 45100, 45150, 45200, 45250, 45300, 45350, 45400, 45450, 45500, 45550, 45600, 45650, 45700, 45750, 45800, 45850, 45900, 45950, 46000, 46050, 46100, 46150, 46200, 46250, 46300, 46350, 46400, 46450, 46500, 46550, 46600, 46650, 46700, 46750, 46800, 46850, 46900, 46950, 47000, 47050, 47100, 47150, 47200, 47250, 47300, 47350, 47400, 47450, 47500, 47550, 47600, 47650, 47700, 47750, 47800, 47850, 47900, 47950, 48000, 48050, 48100, 48150, 48200, 48250, 48300, 48350, 48400, 48450, 48500, 48550, 48600, 48650, 48700, 48750, 48800, 48850, 48900, 48950, 49000, 49050, 49100, 49150, 49200, 49250, 49300, 49350, 49400, 49450, 49500, 49550, 49600, 49650, 49700, 49750, 49800, 49850, 49900, 49950, 50000, 50050, 50100, 50150, 50200, 50250, 50300, 50350, 50400, 50450, 50500, 50550, 50600, 50650, 50700, 50750, 50800, 50850, 50900, 50950, 51000, 51050, 51100, 51150, 51200, 51250, 51300, 51350, 51400, 51450, 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